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SEABROOK UTILIZES EVIDENCE-BASED TOOLKITS TO PREVENT RELAPSE

Seabrook, NJ -- Seabrook is excited to further its commitment to prevent relapse by utilizing the Open Doorways Toolkit™ and the RoadMAPToolkit™, developed and distributed by the Treatment Research Institute (TRI) of Philadelphia, Pennsylvania. TRI is well known in the addiction research field for developing the ASI instrument, one of the most widely used substance abuse assessment tools in the world.

"Seabrook prides itself on the high quality treatment we give to our patients, and we now are taking patient care to the next level by providing cutting edge education utilizing the TRI Toolkit curriculum," said Edward Diehl, President of Seabrook. "After completing the four week curriculum created by TRI, patients are able to answer their own questions about Alcoholics Anonymous and Narcotics Anonymous at much greater depth. We believe that patients are more likely to attend 12-Step meetings if they know what to expect, and as evidence has proven, those who attend meetings have a better chance of preventing relapse."

The toolkits were developed by a team of scientists and clinicians under the leadership of Adam C. Brooks, Ph.D., a clinical scientist at TRI. The development team drew from their clinical experience working with manualized, evidence-based programs in the context of substance abuse treatment settings.

The Toolkits are a multimedia curriculum consisting of educational tools and change activities that distill evidence-based approaches such as relapse prevention and 12-Step facilitation into formats that counselors can easily use and patients can easily learn. The RoadMAP Toolkit brings to life relapse prevention essentials and help engage clients to participate in active, skills-based group therapy. The Open Doorways Toolkit introduces patients to 12-Step, addresses common misconceptions, and stimulates 12-Step involvement.

"TRI's toolkits have helped us become experts at delivering the material," said Michele Smith, Director of Clinical Services for Seabrook.

"The addiction counseling field is overwhelmed by worker strain and worker turnover, so training counselors to deliver evidence-based counseling practices can be a really daunting task," said Brooks. "TRI developed these toolkits to assist counselors to deliver adaptive, evidence-based content in a group setting – with more compelling strategies to do so. These tools were built to make the counselor's job easier and to make group counseling more effective and meaningful."

"We are very excited to be able to utilize TRI's Toolkits at Seabrook House," said Jason Gerner, CADC and Clinical Outreach Representative for Seabrook. "TRI is a leader in the field in developing evidence-based solutions to address substance use and allow behavioral health professionals the ability to provide real help to those in recovery. The strategies presented in the toolkits are easily employed by counselors regardless of their experience level with the 12-Steps – so counselors are able to follow the agenda and adapt their own strengths or the unique needs of the group to the material."

"Seabrook's commitment to equip their counselors with these tools demonstrates their leadership and dedication to improved solutions for patients and families," said Dr. A. Thomas McLellan, CEO and co-founder of TRI. "The old ways are a good foundation but there are new research-tested methods that can add to care and improve outcomes. I am very happy - but not at all surprised - that Seabrook is among those who are setting a new standard for quality care. TRI is very happy to be working with them."

Through initial testing of the toolkit, TRI found that most counselors were satisfied with how easy it was to use the materials, and that the toolkit helped them conduct consistent, evidence-based groups. Patients in addiction treatment also reported significantly improved satisfaction with the amount and appropriateness of the recovery content in groups.

"These Toolkits provide a more effective way to teach patients how to prepare for high-risk situations and also share coping techniques for their current stage in recovery," said Smith. "By using the Open Doorways and RoadMAP Toolkits, sustained sobriety will be enhanced. Patients will have a consistent and quality experience when they come through our various treatment locations."

Seabrook is a nonprofit, internationally recognized, private CARF-accredited behavioral healthcare organization, with treatment locations in Bridgeton, NJ, Cherry Hill, NJ, Northfield, NJ, Morristown, NJ and Shrewsbury, NJ. Founded by Jerry and Peg Diehl in 1974, Seabrook has been helping families find the courage to recover from alcoholism and drug addiction for over 44 years. For more information on Seabrook, visit the company website at www.Seabrook.org.

Treatment Research Institute has been a leader in the substance use research field, with a belief that science can only be truly impactful when it is used to improve policies, programs and practices. TRI's work focuses on applying research to change behaviors, with the ultimate goal of improving outcomes for individuals, families and communities affected by addiction. Collaborations with distinguished partners from across the globe have enhanced TRI's quest to advance the way in which addiction is perceived and cared for. TRI's relentless commitment to discovering and disseminating SOLUTIONS to substance-use problems drives its work, mission and vision. Learn more about TRI at www.tresearch.org.

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